

New Player Equipment List

Time to Shop

Listed below is a full equipment list for a young player. You can outfit your child with all of the equipment for approximately \$300. Anyone could easily spend less or substantially more based on their brand preference and the quality of equipment the plan to purchase.

- Jock / Jill (with Velcro to attach socks)
- Shin pads
- Socks
- Hockey pants
- Shoulder pads
- Elbow pads
- Neck guard
- Jersey
- Skates
- Gloves
- Hockey stick
- *Sock tape*
- *Stick tape*
- Hockey bag
- Mouth guard

Time to Get Dressed

Are you still unsure of what to do once you do have all the equipment? The list above is organized by dressing order. The first couple of times getting dressed may seem cumbersome and lengthily but with practice it can be accomplished in under five minutes.

To start dressing, your child should only have a shirt (sleeves will become their personal preference), briefs and socks on. Their socks should not be too bulky as that can create friction inside the skate that will lead to blisters. Jocks or Jills, which provide groin protection, get put on first. Shin pads get strapped on next followed by which ever socks you are going to need. Most players have 3 sets of socks. A practice, "Visitor," and "Home" set. Most teams have two sets of jerseys so when they play another team with similar colors, one team, usually the visiting team will use a darker jersey. Players should have a set of socks to match these jerseys. The socks will have to be attached to the Jock or Jill by the garter straps or by the velcro. The clear white sock tape wrapped around the outside of the sock and around their calf will help keep everything snug.

The hockey pants go on next. Tip for the parent - If you only want to dress your child once for a game make sure your little player goes to the restroom before you continue. If your child finds the pants a bit too loose you can purchase suspenders. The shoulder pad, elbow pads, neck guard and jersey can all be put on in that order.

The trick to putting on skates is to loosen the laces well and start tightening from the toe of the skate to the top of the skate. Your child and the type of foot they have will determine how tight the skate needs to be. Some players like to have the shin pad and sock pulled over the tongue of the skate and laces. If you find the wax laces hard to work with you can purchase a lace puller or switch to non-waxed laces but those will need replacing more often.

The mouth guard, helmet and gloves are the last to be put on and your little player is set! Their hockey stick should be no taller than the height of their chin with their skates on. The stick can be cut with a hacksaw and should be taped off at the end to hide the rough edge. Most players tape the blade of the stick as well for better control of puck. This will become something your child will most likely spend hours perfecting. Regular hockey bags are smaller and cheaper than the ones with rollers, but if you are envisioning your child carting the gear around, the roller bag might be the wiser purchase.